



New Hampshire Veterans Home

PO Box 229, 139 Winter St.
Tilton, NH 03276-0229



Barry E. Conway
Commandant

Tel: (603) 527 4400
Fax : (603) 286-2416

FOR IMMEDIATE RELEASE

Contact: Lisa-Marie Mulkern
Public Affairs and Development Director
Tel. (603) 527-4400
lisa-marie.mulkern@nhvh.nh.gov

Alzheimer's Association's Memory Walk™ Raises Awareness and Funds Tilton-Northfield Area Residents Urged to 'Maintain Your Brain'

TILTON, NH – September 8, 2004 – The Alzheimer's Association's 2004 Memory Walk for Alzheimer's disease will be held on Saturday, September 25, 2004 at the New Hampshire Veterans Home in Tilton. The annual event raises awareness and funds to support local programs for people with Alzheimer's disease, their families and caregivers.

"We expect nearly 100 people from Tilton and the surrounding area to participate in the walk," said spokesperson Lisa-Marie Mulkern of the Alzheimer's Association's local 2004 Memory Walk Committee. "Their participation allows us to continue to provide a broad range of local programs and services for people with the disease, their families, care partners, residential care professionals and professional health care providers."

While participating in the Memory Walk, the Association asks that all residents increase their understanding of the disease and the tremendous accomplishments that have been made in medical research and care. National research suggests that the healthy lifestyle habits Americans are familiar with today may also help decrease the risk for Alzheimer's disease. The Alzheimer's Association encourages everyone to 'Maintain Your Brain'. Managing your numbers - your blood pressure, cholesterol, and blood sugar levels, as well as your body weight - contributes to healthier aging.

Registration begins at 10:00 a.m. at the New Hampshire Veterans Home located at 139 Winter Street in Tilton. The walk begins at 11:00 a.m. and will proceed down Winter Street to the Tilton Island Park. All participants will receive a commemorative pin. Participants who raise over \$100.00 will also receive a free event t-shirt. Following the completion of the walk, all volunteers and participants are

-more-

invited to attend a barbecue luncheon and prize raffle under the picnic pavilion at the New Hampshire Veterans Home. Participants may register at the Walk, may call 1- 800- 536- 8864 to register and/or have a pledge form sent, or may visit www.vtnhmemorywalk2004.kintera.org to participate as an on-line walker or contributor.

The Alzheimer's Association's Memory Walk is the largest national fundraising event for support programs for Alzheimer's disease and is held in 680 communities nationwide. Americans who have participated in these walks have raised approximately \$150 million for programs and services to support individuals with Alzheimer's disease.

Today, about 4.5 million Americans have Alzheimer's disease. Approximately 30,000 individuals in Vermont & New Hampshire have the diagnosis of Alzheimer's, with another 90,000 affected as caregivers. Both the human and the economic impact are growing rapidly with strain on the health care system projected to become devastating if the cause and cure are not found. The Vermont and New Hampshire Memory Walk 2004 is funded in part by Forest Pharmaceuticals, Inc., National Life Group, Terrace Communities Assisted Living, Quality Care Partners, The Arbors of Bedford, Greenbriar Terrace Healthcare, Woodcrest Village Assisted Living, Benchmark Assisted Living and Pfizer.

About the Alzheimer's Association

The Alzheimer's Association is the world leader in Alzheimer research and support. Having awarded more than \$150 million to nearly 1,300 projects, the Alzheimer's Association is the largest private funder of Alzheimer research. The Association's vision is a world without Alzheimer's disease. For more information about Alzheimer's disease, visit www.alz.org or call 800-272-3900.

About the New Hampshire Veterans Home

The New Hampshire Veterans Home ("NHVH") was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans. Today, the modern facility in its countryside setting is home to 150 men and women who have served their country and fellow New Hampshire citizens. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State's elderly and disabled veterans. NHVH is the only long-term care facility in the Granite State that is dedicated exclusively to veterans.

NHVH recently completed construction of a 100-person Life Enhancement Dementia Unit that will serve the long-term care needs of veterans who suffer from Alzheimer's and other related memory impairment disorders. The facility addition will enable NHVH to provide comprehensive long-term care services to a total of 250 Residents.

Additional information is available online at our website www.nh.gov/veterans

###